

Connection

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IN THIS ISSUE:

- **Summer's Here**
- **Blood Glucose Meters**
- **Cervical Cancer Screening**
- **Did You Know?**
- **myuhc.com**

Summer's Here!

The sun is shining, the weather is warm. The kids are out of school. It feels like everybody is on vacation. Summertime brings daydreams, wandering minds and difficulty focusing at work. It's hard to stay productive and engaged when you just want to be outside soaking up the sun. You are not alone; people everywhere are experiencing "summer fever."

If you feel like you're missing out on summer because you can't take that two-week beach vacation, remember that the summer nights are longer so you have more time to do outdoor activities after work.

Here are some simple things you can do to lift your spirits and make sure summer isn't passing you by:

- Be sure to take your lunch break — eat outside, take a walk, meet a friend or window shop
- Brighten your workspace with new desktop wallpaper for your computer, fresh flowers or a new lamp
- Listen to music at work or on your commute
- Change your routine — if you drive, try taking the bus — it will give you more time for daydreaming, reading and enjoying the scenery
- Plan weekend getaways — you don't have to go far (see sidebar)
- Enjoy the longer days — have dinner outside on a patio, deck, or lawn — or go on a picnic
- Start a garden
- Play miniature golf — most courses are open late



You Don't Have to Go Far

Travel to national parks and historic sites offers an affordable and exciting getaway. There are parks and sites in nearly every state, ranging from the dramatic, rustic scenery of Glacier National Park in Montana to the historical and urban National Mall in Washington D.C. Use these resources to find a place near you.

National Parks Conservation Association

List of National Parks, their attractions and contact information can be found at www.npca.org.

National Park Service

List of parks including historic sites and monuments, along with educational guides for parents and teachers.
<http://www.nps.gov/>

Free Blood Glucose Meters Available

Please see below which companies to contact depending upon your Plan.

PPO and Indemnity Members with Express Scripts Prescription Plan

Free Meters Available to members on this plan coincide with the Lowest Tiered Glucometer Strips.

Bayer Glucose Meters

Call to order 877-229-3777.

- Accu Check
- Chemstrip bG

Roche Glucose Meters

Call to order 888-355-4242

- Ascensia Contour
- Ascensia Breeze

Choice HMO and High Deductible PPO plan Members with Medco Prescription Plan

Free Meters Available to members on this plan coincide with the Lowest Tiered Glucometer Strips.

Lifescan Glucose Meters

Call to order 888-722-1363.

- One Touch Ultra
- One Touch UltraSmart

Abbott Glucose Meters

Call to order 866-224-8892

- FreeStyle
- FreeStyle Flash
- Precision Xtra

**Please contact the
companies directly
and state you are a
Member with the State
Health Benefit Plan
with UnitedHealthcare
of Georgia.**

Cervical Cancer

What is cervical cancer?

The cervix is the thin opening of the uterus. Cervical cancer is caused by an unsafe growth of cells. These cells aren't normal. It often is linked to the human papillomavirus (HPV). But, there may be other causes. HPV is passed between sex partners.

You're at higher risk if you:

- Start having sex at a young age
- Have had more than one sexual partner
- Smoke

Will I know if I have it?

You may not have any signs. Most women don't at first. But, this is when it's easiest to treat. Regular checkups and Pap tests can help find it. If you have it a while, you may see signs. You may see vaginal bleeding or discharge that you don't normally have. Tell your doctor about this right away.

What are Pap tests?

A Pap test is done in your doctor's office. He or she removes cells from your cervix. The cells are sent to a lab to be checked. Ask your doctor how often you should have this test. Let him or her know about any sickness or surgery you've had.

You should have regular Pap tests if:

- You are age 18 or older
- You have sex on a regular basis
- Your doctor suggests it

What if I find out I have cervical cancer?

This cancer can be treated. But, it needs to be caught early. There are many treatments. Talk to your doctor to find out what is right for you.



Have health questions?

**Call NurseLine at
866-696-5846. A nurse
will take your call any
time, day or night.**

Did You Know.....?

That we have a newsletter that is published every month that addresses your most frequently asked questions and other issues and concerns. To see past issues, go to myuhc.com/groups/gdch and click on eNewsletters.

Convenient self-service tools

UnitedHealthcare offers an employee website that provides you with tools and information regarding your benefits. After a simple registration you have immediate access to a wealth of information at your fingertips.

Benefits of myuhc.com:

- View eligibility, including copay and deductible information
- Check claim status real-time
- Find a participating physician or facility
- Request a replacement ID card
- Access a world of health and well-being information
- Participate in live on-line health discussions
- View personal benefit coverage information
- Access to a free and confidential Health Assessment that provides you with personal health feedback and access to online wellness programs

It just makes sense.®

To view current and back issues of
this publication, please visit
www.dch.georgia.gov.

Address Updates

You could be missing out on important mailings.

For active employees, please complete and submit a Dependent/Miscellaneous Update form that is available online at www.dch.georgia.gov. Forms should be completed and returned to your payroll location to your payroll office/benefit manager.

For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card
- Current Address
- New Address
- Telephone number
- Signature authorizing the address change

Retirees mail to: State Health Benefit Plan
P.O. Box 38342
Atlanta, GA 30334



IMPORTANT CONTACT INFORMATION

Where To Go When You Want Information

www.myuhc.com

Personalized tools, information and answers for managing your health care. Logon on anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

www.liveandworkwell.com

An informative Web site with a behavioral health clinician directory, comprehensive health articles and tools, and more.

www.unitedhealthwellness.com

An exciting portfolio of workplace and online programs to help improve your health and well-being. UnitedHealth Wellness offers access to a broad range of new and existing resources that include information, tools and other services to help you stay healthy.

NurseLineSM: 866-696-5846

Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library.

Care CoordinationSM

Refer to the customer service phone number on the back of your ID card.

PPO/Indemnity:	877-246-4189
Choice HMO:	866-527-9599
High Deductible PPO:	877-246-4195
Consumer Driven Health Plan:	800-396-6515
Retirees:	877-246-4190

The *Connection* will be made available monthly via the custom Georgia Department of Community Health myuhc.com site (www.myuhc.com/groups/gdch) to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefits plan. Hard copies may also be made available by your plan administrators/payroll managers - check with them for details.

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UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

Insurance coverage provided by or through United HealthCare Insurance Company.
Health Plan coverage provided by or through United HealthCare of Georgia, Inc.

